

Lunch with Nurse Steve



"Like a Fine Wine, Can Our Bodies Improve with Age?"

Thursday, January 10, Noon

Nurse Steve's talk will be "a discussion of our bodies after age 60."

"Why am I Awake?"

Thursday, February 14, Noon

Nurse Steve's talk will be "a discussion of sleep disorders."

"Is that the phone or Tinnitus?"

Thursday, March 14, Noon

Nurse Steve's talk will be "a discussion on the perception of noise and hearing issues."

Lunch: Reserve your meal (see monthly menu) a week in advance.
\$5.00 (Regular meal cost)

Nurse Steve's talk at 12:30 p.m. is free.



Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

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